

Your Health Matters

July – September 2009

A Physiotherapy assessment is required before participation in any exercise group – a fee applies. Book an appointment on (03) 9757 6200.

Your Health Matters

Visit us at www.kchs.org.au



Services provided by Knox Community Health Service Ltd

- ▲ Alcohol & Other Drugs Counselling
- ▲ Cardiac Program
- ▲ Child Psychology
- ▲ Counselling
- ▲ Dental Services
- ▲ Diabetes Program
- ▲ Dietetics
- ▲ Family Support Services
- ▲ Health Promotion Programs & Activities
- ▲ Occupational Therapy for Adults
- ▲ Paediatric OT
- ▲ Physiotherapy
- ▲ Podiatry
- ▲ Social Work
- ▲ Speech Pathology
- ▲ Youth Services

Eligibility criteria may apply to services.

Health Programs, Groups & Activities

Hydrotherapy

Hydrotherapy is exercise in warm water. This is especially suitable for the management of arthritis and musculoskeletal injuries. Three groups operate catering for different needs.

SESSION DETAILS:

All the sessions below will be held at:

Knox Scope Centre
750 Boronia Road, Wantirna

Tuesday: 9:00am – 10:00am

Thursday: 1:00pm – 2:00pm

Thursday: 2:00pm – 3:00pm

\$6.00 per session.

A waiting list may apply.

Tai-Chi for Arthritis

A gentle and slow exercise of the body and mind that improves overall fitness and promotes relaxation. The 12 movement set is based on the Sun style and incorporates Qigong breathing exercises. Tai Chi has proven benefits for reducing pain whilst increasing strength and joint flexibility. It is taught over four terms on Thursday afternoons. New groups start every school term.

SESSION DETAILS:

KCHS Shire Hall

Thursday: Beginners

Part 1: 1:00pm – 2:15pm

Part 2: 2:30pm – 3:45pm

\$6.00 per session.

Tea & Coffee provided.

ACE

(Active Chair-based Exercise)

For people with a chronic condition this weekly program involves a combination of gentle exercise to music, low level strength training, relaxation and activities promoting physical mobility and independence. Three different groups are run.

SESSION DETAILS:

KCHS Shire Hall

Monday: 10:30am – 12:30pm

Tuesday: 10:30am – 12:30pm

Thursday: 10:30am – 12:30pm

\$6.00 per session.

Tea & Coffee Provided.

SAFEmoves

An exercise and education program to keep you safe on your feet. Suitable for those who have had a fall as well as those who wish to prevent having one. Learn exercises to improve your balance and maintain your independence.

SESSION DETAILS:

KCHS Courthouse Venue

Wednesday: 1:00pm – 3:00pm

\$6.00 per session.

Tea & Coffee Provided.

Keep Active

A gentle exercise to music program for people with chronic musculoskeletal or neurological conditions or people with poor balance.

SESSION DETAILS:

KCHS Courthouse Venue

Thursday: 2:00pm – 3:15pm

\$6.00 per session.

Tea & Coffee Provided.

Best Foot Forward

Best Foot Forward is an interactive session designed to provide education and empower people to care for their own feet and to provide information on when podiatric intervention is necessary.

SESSION DETAILS:

KCHS Shire Hall

Wednesday: 22nd July 2009

Tuesday: 25th August 2009

Wednesday: 23rd September 2009

Session time: 2:00pm

\$6.00 per session – Book Now.

1, 2, 3 Magic

KCHS is delivering a skills and information focussed parenting program. The program will focus on effective behaviour management techniques for children aged 2 to 12 and will be facilitated by Family Support Workers and Counsellors from KCHS. Videos and a range of other resources will be used during the sessions to aid the learning techniques.

SESSION DETAILS:

KCHS Courthouse

30th July and 6th August 2009

10:00am – 12:30pm

Bookings essential, via Intake.

\$6.00 per session.

Tea & Coffee Provided.

Knox Tobacco Free Clinic

There is an option for people in Knox to get support to quit smoking.

The Knox Tobacco Free Clinic offers:

- ▲ Full assessment (1 hour)
- ▲ 8 weekly follow-up appointments
- ▲ Individual appointments
- ▲ Local service in Ferntree Gully
- ▲ Specially-trained counsellor
- ▲ Supervised use of Nicotine Replacement Therapy and Carbon Monoxide testing
- ▲ New research - Bittoun model
- ▲ Relapse prevention support

These Clinics are run on Tuesdays at Ferntree Gully and Wednesdays at Wantirna between 9:00am and 5:00pm.

For more information and appointments, phone Intake Worker on (03) 9757 6200

Living with Long Term Conditions

BETTER HEALTH SELF MANAGEMENT COURSE

A six week program designed by Stanford University for people with long term health conditions such as arthritis, diabetes, heart disease, and emphysema.

Living with a long term health condition involves more than medical management. People also have to deal with the every day demands of life, and all the physical, social and emotional impacts of their illness.

The course aims to assist people with long term health conditions (as well as their family members/carers) live as well as possible. The presentations and group discussions focus on developing skills, strategies, and understanding, to better manage life with a long term condition.

SESSION DETAILS:

KCHS Wantirna

Wednesday 16th September to 21st October.

Phone Intake on 9757 6200 to register your interest.

\$6.00 per person (carer free).

Tea & Coffee Provided.

Budgeting and Nutrition

Want to minimise your grocery bill while still eating healthy, tasty food? Our Dietitian explores money-saving ways that suits your circumstances and tips to drive your dollar further.

SESSION DETAILS:

KCHS Courthouse Small Room

Friday 17th July

10:00am – 12:00pm

\$6.00 per person (carer free).

Tea & Coffee Provided.

Bookings essential – Session may not run if numbers are insufficient.

Intro to Nutrition

Conducted by one of our Dietitians, Intro to Nutrition is a pre-requisite for all clients wishing to access the Knox CHS Dietetic Service. It introduces the fundamentals of food and nutrition to empower people to know more about their eating and drinking habits and how to start changing their lifestyle habits for better health.

SESSION DETAILS:

KCHS Shire Hall

Friday 17th July

Wednesday 19th August

Friday 18th September

9:30am – 11:00am

\$6.00 per session.

Tea & Coffee Provided.

Bookings essential. Phone Intake on 9757 6200 to book

Weight Loss Self Management Program

This program provides nutrition education and strategies for self management of health for people who are above their comfortable weight. It is facilitated by a Dietitian. Each week different topics will be explored to ensure participants are armed with the knowledge and skills to achieve successful weight loss.

SESSION DETAILS:

KCHS Courthouse

8 weeks from Wednesday 22nd July

to Wednesday 16th September

1:30pm – 3:30pm.

\$6.00 per session.

Weight Loss Support Group

This 2 week program aims to be a “refresher” for those people who have completed the Weight Loss Self Management program previously. Goal setting and self management skills will be reviewed. Please contact Intake on (03) 9757 6200 if you have questions or to register your interest.

SESSION DETAILS:

KCHS Wantirna

Thursday 20th August and 27th August
1:30pm – 3:30pm

\$6.00 per session.

Tea & Coffee provided.

Supermarket Tour

“Low fat”, “no added sugar”, “cholesterol free”: what do they REALLY mean for you as a consumer? Want to read food labels in supermarkets smarter and quicker, and with less stress? Come and join the supermarket tour conducted by our Dietitian. Useful for healthy eating as well as managing diabetes/heart health.

SESSION DETAILS:

KCHS Shire Hall

Friday 10th July
Tuesday 11th August
Tuesday 11th September

\$6.00 per person (carer free).

Bookings essential – Session may not run if numbers are insufficient.

Dose Adjustment for Normal Eating (DAFNE)

A COURSE FOR PEOPLE WITH TYPE 1 DIABETES

DAFNE is a five day training course to assist people with Type 1 Diabetes eat the foods they like, and adjust their insulin doses accordingly.

The very comprehensive, structured program covers topics such as carbohydrate estimation, insulin adjustments, blood glucose monitoring regimes, exercise, hypos, illness and all aspects which affect blood glucose levels.

The course is facilitated by diabetes nurse educators and dieticians with extensive training in the course materials.

SESSION DETAILS:

KCHS Wantirna site

7th September – 11th September 2009
9:00am – 5:00pm

Contact KCHS for more information on (03) 9757 6200

Cautious with Cannabis

A 2 hour educational program for those concerned about cannabis use.

Topics covered:

- ▲ What is cannabis?
- ▲ Cannabis effects and the potential for harm
- ▲ Harm minimisation and how to make change
- ▲ What support and treatment is available?
- ▲ New drug testing laws

SESSION DETAILS:

KCHS Ferntree Gully site

Held monthly on a Tuesday:
16th June, 21st July, 18th August
and 15th September
2:00pm – 4:00pm

Diabetes Self Management Program

This is a four-week program for people with Type 2 diabetes to learn from Diabetes Educators, Dietitians, Physios and each other how to best manage your condition. Items covered in the course include healthy eating, label reading, blood glucose management, working with health professionals and investing in your health for the future.

These sessions are run on demand, please call Intake on (03) 9757 6200 to register your interest.

SESSION DETAILS:

KCHS Shire Hall

4 consecutive weeks
Begins Monday 6th July
12:30pm – 3:30pm

Contact Intake Worker for further information and registration on (03) 9757 6200.

\$6.00 per session.

Tea & Coffee Provided.

Women’s Anger Management Course

Based on Women’s Health East model. Designed especially for women, KCHS is offering a 6 week course. You will have the opportunity to explore your own anger, learn positive strategies to manage feelings and have some fun in a confidential group.

The topics covered will include:

- ▲ Understanding anger
- ▲ Focusing on feelings
- ▲ First families
- ▲ What others tell us
- ▲ What we tell ourselves
- ▲ The challenge of change

SESSION DETAILS:

KCHS Courthouse Venue

Thursdays:
30th July – 3rd September 2009
10:00am – 12:00pm

6 sessions.

Ring Intake on (03) 9757 6200 to register your interest as the course will not run if numbers are insufficient.

\$6.00 per session.

Tea & Coffee Provided.

NEW

Mindfulness Based Relapse Prevention Group

Mindfulness Based Relapse Prevention is an 8 week program for people who have concerns about their alcohol and or other drug use. This group encourages participants to increase their own self-awareness through a range of mindfulness based cognitive therapy strategies and relapse prevention strategies. The 8 week session program will cover:

- ▲ Automatic pilot and craving
- ▲ Triggers, thoughts, emotions and cravings
- ▲ Mindfulness in the every day
- ▲ Staying present and aware in High risk situations
- ▲ Balancing acceptance and change
- ▲ Seeing thoughts as just thoughts
- ▲ Self care and support networks
- ▲ Balanced living and using what has been learned.

SESSION DETAILS:

KCHS Shire Hall

Wednesday 5th August –
Wednesday 23rd September
1:00pm – 3:00pm

Bookings essential,
contact Beth Callander or
ATOD team on 9757 6200

Cost: Free

Local Self-Help Groups

Puffing Billies – Chronic Lung Disease Support Group

For further information, please phone Winifred on (03) 9801 3091.

Knox Arthritis Self-Help Group

For further information, please phone Rhonda on 9753 4153.

Healthy Living with Diabetes

For further information, please phone Irene Richardson on (03) 9763 5327.

Heart Support Group

For further information, please phone Les on (03) 9801 9401 or Graham on (03) 9720 2346.

Oral Health Priority Access: Eligibility & Fees – Children, Youth, Pregnant Women & Adults

CHILDREN

Dental Services are available for all children including pre-schoolers through until the end of Primary School.

- ▲ Services are FREE for Health Care or Pensioner Concession Card holders.
- ▲ A one-off cost of \$28.00 applies for non-cardholders for a complete course of care (maximum of \$112.00 per family).
- ▲ There are no waiting lists for care and children are recalled every 12 or 24 months depending on the child's risk of dental disease.

YOUTH

Students in Secondary School or those who have left school and are under 18 years old, who are Health Care Card holders or dependants of health card/concession card holders are eligible for free treatment. There are no waiting lists for youth care, and services are offered every 1 or 2 years depending on the level of treatment required.

PREGNANT WOMEN

Pregnant women who hold a Health Care Card or Pensioner Concession card are eligible for priority access. Please inform the Reception team if this applies to you. There are no waiting lists for pregnant women.

ADULTS

Co-payments apply for all adult patients:

- ▲ \$23.00 for an emergency visit
- ▲ Up to \$92.00 for a general course of care (excluding dentures)
- ▲ A full set of Acrylic Dentures will cost up to \$115

For more information on Oral Health Priority Access contact Dental Reception at KCHS on (03) 9757 6201

Health Psychology Service

HEALTH PSYCHOLOGY AT KCHS

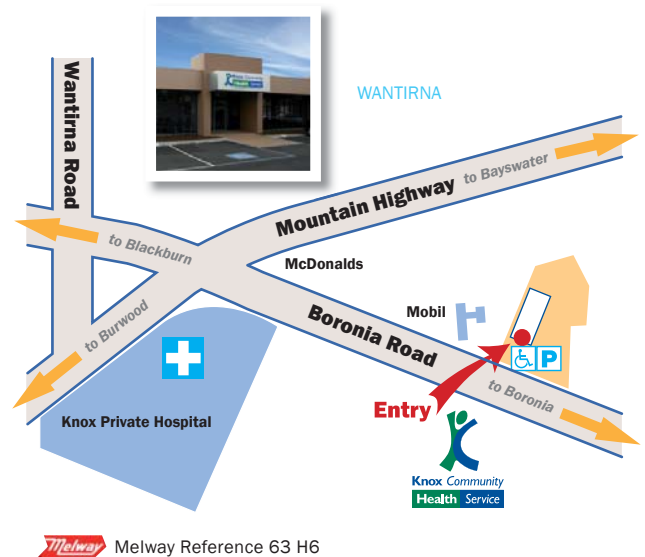
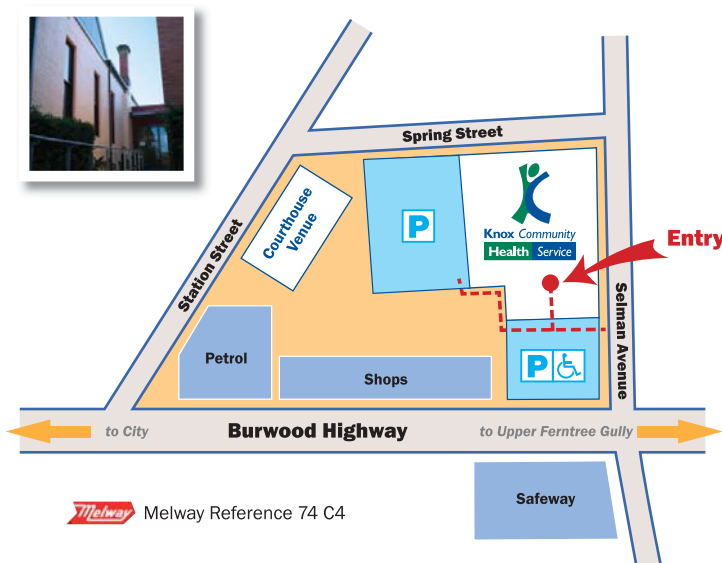
The Health Psychology Service at KCHS aims to provide local residents with the information, skills and support they require to overcome their difficulties and improve their health.

The service provides clients who have a long term health condition (e.g., heart disease, COPD, arthritis, diabetes, chronic pain etc) with assistance with either their psychological/emotional difficulties related to their health or assistance with health related lifestyle changes.

HOW TO ACCESS THE HEALTH PSYCHOLOGY SERVICE

To access Health Psychology at KCHS you can phone directly on 9757 6200 and speak to an intake worker. Alternatively, another health professional from KCHS or elsewhere can refer you to the service.

Knox Community Health Service Limited



Address:

Head office: 1063 Burwood Highway, Ferntree Gully Victoria 3156
Wantirna Site: Unit 1 / 603 Boronia Road, Wantirna Victoria 3152

Phone:

9757 6200 - Switchboard

'Wantirna Site'

Some services are available at our Wantirna site.
Please contact (03) 9757 6200 for more details.